Eastern Illinois University

New/Revised Course Proposal Format

(Approved by CAA on xx and CGS on xx, Effective xx)

CGS Agenda: 21-24
Effective Spring 2022

Banner/Catalog Information (Coversheet)

1. **__x__New Course or _____Revision of Existing Course**
2. **Course prefix and number:** _____KSR_5760_____
3. **Short title:** _____Mvmt Dysfunct & Corrective Ex _____
4. **Long title:** Human Movement Dysfunction and Corrective Exercise Program Design
5. **Hours per week:** __2_ Class __2_ Lab _3__ Credit
6. **Terms:** ___ Fall __x_ Spring ___ Summer ___ On demand
7. **Initial term**: ___ Fall __x_ Spring ___ Summer Year: _2022_
8. **Catalog course description:** This course examines a systematic approach for identifying and correcting movement deficiencies, muscular imbalances, and risk of injury. The design and implementation of corrective exercise strategies will be investigated and applied.
9. **Course attributes:**

   General education component: ___N/A_____

   ___ Cultural diversity ___ Honors ___ Writing centered ___ Writing intensive ___Writing active
10. **Instructional delivery**
    Type of Course:

    ___ Lecture ___ Lab __X_ Lecture/lab combined ___ Independent study/research

    ___ Internship ___ Performance ___ Practicum/clinical ___ Other, specify: _____

    Mode(s) of Delivery:

    _x__ Face to Face ___ Online ___ Study Abroad

    ___ Hybrid, specify approximate amount of on-line and face-to-face instruction_____
11. Course(s) to be deleted from the catalog once this course is approved. _____N/A_____
12. **Equivalent course(s):** ___N/A_____

    a. Are students allowed to take equivalent course(s) for credit? ___ Yes ___ No
13. **Prerequisite(s):** ____None_____

    a. Can prerequisite be taken concurrently? ___ Yes ___ No

    b. Minimum grade required for the prerequisite course(s)? ___

    c. Use Banner coding to enforce prerequisite course(s)? ___ Yes ___ No

d. Who may waive prerequisite(s)?

___ No one ___ Chair ___ Instructor ___ Advisor ___ Other (specify)

14. Co-requisite(s): ____N/A_____

15. Enrollment restrictions

a. Degrees, colleges, majors, levels, classes which <u>may</u> take the course: ____Exercise Physiology and Sport Administration Graduate Students _____

b. Degrees, colleges, majors, levels, classes which may <u>not</u> take the course: ____All others_____

16. Repeat status: __X_ May not be repeated ___ May be repeated once with credit

17. Enter the limit, if any, on hours which may be applied to a major or minor: ___

18. Grading methods: _X__ Standard ___ CR/NC __ Audit ___ ABC/NC

19. Special grading provisions: N/A

___ Grade for course will <u>not</u> count in a student's grade point average.

___ Grade for course will <u>not</u> count in hours toward graduation.

___ Grade for course will be removed from GPA if student already has credit for or is registered in: _____

___ Credit hours for course will be removed from student's hours toward graduation if student already has credit for or is registered in: _____

20. Additional costs to students:
Supplemental Materials or Software_____None_____

Course Fee __X_No ___Yes, Explain if yes_____

21. Community college transfer:

___ A community college course may be judged equivalent.

_X__ A community college may <u>not</u> be judged equivalent.

Note: Upper division credit (3000+) will <u>not</u> be granted for a community college course, even if the content is judged to be equivalent.

Rationale, Justifications, and Assurances (Part I)

1. ___Course is required for the major(s) of _____
   ___Course is required for the minor(s) of _____
   ___Course is required for the certificate program(s) of _____
   _X__ Course is used as an elective
2. **Rationale for proposal**: The graduate program in Exercise Physiology does not offer any courses that address these topics. Students will benefit from access to an additional elective course that will prepare them for professional certification. Additionally, this course will address future accreditation standards.
3. **Justifications for (answer N/A if not applicable)**
   Similarity to other courses: N/A
   Prerequisites: N/A
   Co-requisites: N/A
   Enrollment restrictions: Students must have the specific undergraduate preparatory work in order to be successful in this class; therefore, they must have a solid foundation in kinesiology and exercise physiology.
   Writing active, intensive, centered: N/A
4. **General education assurances (answer N/A if not applicable)**
   General education component: N/A
   Curriculum: N/A
   Instruction: N/A
   Assessment: N/A
5. **Online/Hybrid delivery justification & assurances (answer N/A if not applicable)**
   Online or hybrid delivery justification: N/A
   Instruction: N/A
   Integrity: N/A
   Interaction: N/A

Model Syllabus (Part II)

1. Course number and title
   KSR 5760 - Human Movement and Corrective Exercise Program Design (3.0 credits)

2. Catalog description
   This course examines a systematic approach for identifying and correcting movement deficiencies, muscular imbalances, and risk of injury. The design and implementation of corrective exercise strategies will be investigated and applied.

3. Learning objectives. The student will be able to:

a. Explain functional anatomy as it relates to corrective exercise training (1).
b. Describe and differentiate common human movement dysfunctions and potential causes for each (2).
c. Demonstrate, interpret, and critique corrective exercise assessment techniques (2).
d. Execute appropriate steps within the Corrective Exercise Continuum for various movement dysfunctions (2).
e. Compare and appraise exercise programs for individuals with a variety of movement impairments (2, 3, 5).
f. Assemble effective and appropriate corrective exercise training programs for individuals and groups with movement dysfunction (2,3,5).

4. Course materials.
Clark, M.A., Lucett, S.C., & Sutton, B.G. (2014). *NASM Essentials of Corrective Exercise Training.* Burlington, MA: Jones & Bartlett Learning.

5. Weekly outline of content.

Week	Lecture Topic – Lab Activities
1	Rationale for corrective exercise (Objective a)
2	Introduction to human movement science (Objectives a and b)
3	Human movement impairments (Objective b)
4	Static postural and movement assessments (Objectives b and c)
5	Static postural and movement assessments (Objectives b and c)
6	Inhibitory and lengthening techniques (Objectives c, d, and e)
7	Activation techniques (Objectives c, d, and e)
8	Integration techniques (Objectives c, d, and e)
9	Corrective strategies for foot and ankle impairments (Objectives e and f)
10	Corrective strategies for knee impairments (Objectives e and f)
11	Corrective strategies for lumbo-pelvic-hip complex impairments (Objectives e and f)
12	Corrective strategies for shoulder, elbow, and wrist impairments (Objectives e and f)
13	Corrective strategies for cervical spine impairments (Objectives e and f)
14	Group and individual corrective exercise program design (Objectives e and f)
15	Group and individual corrective exercise program design (Objectives e and f)
16	Final Exam

6. Assignments and evaluation, including weights for final course grade.

Quizzes and Exams:	50%
Assignments and lab activities:	20%
Program design projects:	15%
Research project:	15%

7. Grading scale.

A 90-100%
B 80-89%
C 70-79%
D 60-69%
F < 60%

8. Correlation of learning objectives to assignments and evaluation.

Objective	Quizzes and Exams – 50%	Assignments and Lab Activities – 20%	Program design projects – 15%	Research project – 15%
a. Explain functional anatomy as it relates to corrective exercise training. (Depth of content knowledge)	x	x		
b. Describe and differentiate common human movement dysfunctions and potential causes for each. (Effective critical thinking and problem solving)	x	x		
c. Demonstrate, interpret, and critique corrective exercise assessment techniques. (Effective critical thinking and problem solving).	x	x	x	x
d. Execute appropriate steps within the Corrective Exercise Continuum for various movement dysfunctions. (Effective critical thinking and problem solving).	x	x	x	x
e. Compare and appraise exercise programs for individuals with a variety of movement impairments. (Effective critical thinking and problem solving, research/creative activity, effective oral and written communication)	x	x	x	x
e. Assemble effective and appropriate corrective exercise training programs for individuals and groups with movement dysfunction. (Effective critical thinking and problem solving, research/creative activity,		x	x	x

effective oral and written communication).				

Date approved by the department or school: Dec. 7, 2020
Date approved by the college curriculum committee: Feb. 23, 2021
Date approved by the Honors Council *(if this is an honors course):* Not Applicable
Date approved by CAA: Not Applicable CGS: